



Breakfast Nachos Skillet from 'Ultimate Nachos



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 cherry tomatoes halved
- ☐ 7 ounces tortilla chips fresh store-bought prepared cut into 6 triangles
- ☐ 4 large eggs organic
- ☐ 8 ounces mozzarella fresh thinly sliced
- ☐ 1 juice of lemon
- ☐ 2 leek white chopped
- ☐ 2 tablespoons olive oil divided

- ☐ 1 onion diced
- ☐ 4 servings salt and pepper black

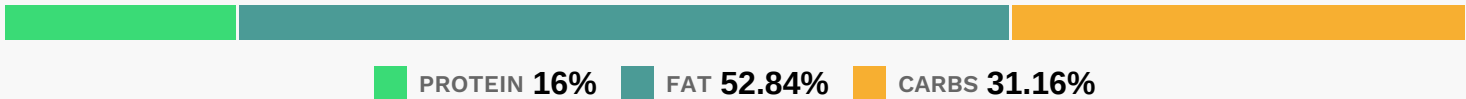
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Heat a sauté pan over medium heat until hot.
- ☐ Add 1 tablespoon of the olive oil to the pan and swirl to coat.
- ☐ After a minute add the onion and leeks to the pan and season with the salt. Cook the vegetables until translucent and tender.
- ☐ Add the spinach and continue to cook, turning the spinach over, until wilted and coated in oil.
- ☐ Add the lemon juice and continue to cook.
- ☐ Meanwhile, evenly arrange the tortilla chips in a cast-iron skillet. (An oven-safe 10-inch pan will work as well.) Cover the chips with half of the cooked spinach-leek mixture. Evenly distribute the fresh mozzarella slices over the vegetables.
- ☐ Spread the remaining vegetables over the cheese.
- ☐ Make four wells an equal distance apart in the vegetable mixture. Crack an egg into each well.
- ☐ In a small bowl, toss the halved cherry tomatoes in the remaining 1 tablespoon olive oil, and season with salt and pepper. Evenly distribute the tomatoes around the edge of the skillet to garnish.
- ☐ Bake the nachos skillet in the oven for 15 minutes, or until the egg whites have firmed up.
- ☐ Bake for longer if you do not like runny eggs.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.67, Inflammation Score:-8, Nutrition Score:21.335652247719%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 585.09kcal (29.25%), Fat: 34.92g (53.73%), Saturated Fat: 11.42g (71.38%), Carbohydrates: 46.35g (15.45%), Net Carbohydrates: 42.08g (15.3%), Sugar: 5.3g (5.89%), Cholesterol: 230.79mg (76.93%), Sodium: 797.91mg (34.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.59%), Phosphorus: 447.39mg (44.74%), Calcium: 404.81mg (40.48%), Selenium: 27.97µg (39.96%), Vitamin K: 38.25µg (36.43%), Vitamin A: 1605.41IU (32.11%), Vitamin B12: 1.74µg (28.96%), Vitamin E: 4.06mg (27.04%), Vitamin B2: 0.45mg (26.76%), Vitamin C: 19.97mg (24.2%), Zinc: 3.15mg (20.99%), Magnesium: 78.5mg (19.63%), Folate: 74.15µg (18.54%), Vitamin B6: 0.37mg (18.42%), Iron: 3.21mg (17.81%), Fiber: 4.27g (17.07%), Manganese: 0.33mg (16.33%), Vitamin B5: 1.6mg (15.95%), Potassium: 423.12mg (12.09%), Vitamin B1: 0.16mg (10.86%), Copper: 0.19mg (9.39%), Vitamin D: 1.23µg (8.18%), Vitamin B3: 0.95mg (4.78%)